SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17 SHOPPERS DRUG MART

VANCOUVER metro®

NEWS WORTH SHARING.

Ex-student's suit claims Furlong molested her

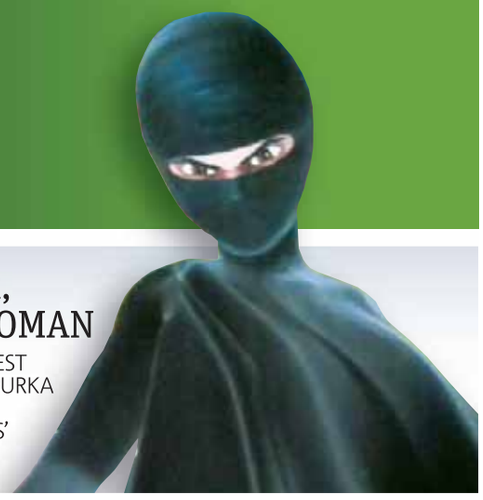
Alleged abuse dates back to the former VANOC head's time in Burns Lake decades ago PAGE 3

Burn, baby, burn

British Columbians can't resist the allure of the annual Burning Man festival, a wild celebration of community and art in the Nevada Desert PAGE 4

Prince George: They're loving it

A certain B.C. city is already planning to capitalize on its connection to the royal baby PAGE 6



MOVE OVER, WONDER WOMAN

THE WORLD'S NEWEST SUPERHERO IS THE BURKA AVENGER, FIGHTING FOR PAKISTANI GIRLS' EDUCATION PAGE 11

Officials plot the emergency demolition of the building at 451 Powell St. on Wednesday.
EMILY JACKSON/METRO

Collapsing building spurs evacuations

Powell Street. Crews have no choice but to demolish vacant Strathcona property

Ten Strathcona residents were forced from their apartments Wednesday after fire crews scheduled an emergency demolition for the vacant, century-old building next door.

Fire crews escorted the elderly residents into their apartments to quickly retrieve crucial belongings after discovering the building, located at 451 Powell St. across from Oppenheimer Park, was leaning precariously on its neighbour.

Tom Chow, owner of a noodle factory on the same block called Double Happiness Foods, said he called the fire department after noticing the building's second floor had shifted about three inches on Wednesday morning.

Chow, who is supposed to close a deal in September to buy the condemned building from the Philippine Women's Centre, had gone into the building two days ago to survey what he planned to turn into office space when he found the brick wall on the second floor had collapsed inwards, leaving a mess and broken wooden studs.

"For the safety of the public, I called the city," he said, adding no action was taken until he called the fire department. "There's nothing I can do.... If they tear it down, they tear it down."

There's no hope of salvaging the building based on its "questionable lineage" and poor condition, fire battalion Chief Archie Roberts said at the scene.

"If the building was freestanding, it would have fallen down," he said. "It's just an old building that's past its time."

Powell Street was closed to traffic all afternoon while emergency crews planned the building's demise and onlookers stopped to watch the action.

At press time, the building had yet to be destroyed as crews worked to turn off gas lines and carefully plan the demolition to avoid damaging the homes next door.

The city's emergency social-services team put up the displaced residents in a hotel on Kingsway for the night, fire spokeswoman Capt. Carol Messenger said.

EMILY JACKSON/METRO

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TRANSLINK

22 years on: Michael Dunahee look-alike to give DNA to cops

Man has a 'remarkable resemblance.' Since the four-year-old went missing in Victoria in 1991, cops have received several tips, but nothing has panned out

MATT KIELTYKA
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Victoria police aren't holding their breath, but a recent tip from online forums has caused a new development in the case of missing boy Michael Dunahee.

An online poster on the Vancouver Canucks message boards claimed investigators contacted him because of "a remarkable resemblance" to Dunahee.

The poster is the same age Dunahee would be today, 26, and he claims he doesn't remember much of his childhood before Grade 1.

"I'm pretty sure I'm not, but what if I am?!?" the poster wrote.

The post caused a stir online, and the Victoria Police Department confirmed Wednesday that it is taking the development seriously.

"VicPD detectives are travelling to the mainland to collect consent DNA from a male who was been identified, through a tip, as possibly being Michael Dunahee," the department said in a statement. "Despite the tip and our best hopes, it is our belief that this male most likely is not Michael."

Dunahee disappeared from the playground of a Victoria elementary school in 1991 at the age of four.

His case remains one of the most high-profile unsolved disappearances in the province's history.

"We have been in contact with the Dunahee family and are collecting the DNA as part of our commitment to them and to Michael to exhaust (all) leads, no matter how small, until he is found," Victoria police reiterated. "We get dozens of similar tips every year and investigate them all thoroughly."

Digging deeper

26

An online poster claimed investigators contacted him recently. The poster is the same age as Dunahee would be today, 26. Police confirmed they will be collecting DNA from a man identified as possibly being the boy who went missing all those years ago from a school playground.

A family photo of Michael Dunahee, who went missing from a Victoria playground on March 24, 1991, at age four.
METRO FILE

Former student files suit against Furlong

Former VANOC CEO John Furlong
THE CANADIAN PRESS

A lawsuit filed against the former head of the 2010 Vancouver Olympics claims John Furlong sexually molested a female student a dozen times when he was a teacher decades ago in Burns Lake, B.C.

In a statement of claim filed in B.C. Supreme Court, Beverly Abraham alleges Furlong would ask her to stay late after class before molesting her in the gym, the equipment room and a mechanical closet.

Abraham, who was 11 at the time, said in the statement that Furlong also emotionally and psychologically manipulated her, calling her his "beautiful Indian girl" and saying it was not wrong for him to touch her.

The lawsuit also names as defendants various B.C. dioceses of the Catholic Church, alleging they were aware that Furlong was sexually touching Abraham and other children enrolled at the Catholic school where he worked.

Furlong has vehemently denied all accusations that he abused native students, and has filed a lawsuit against the Georgia Straight newspaper and a freelance reporter for an article it published last fall.

None of the allegations against Furlong have been proven in court.

THE CANADIAN PRESS

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Nevada's Burning Man is booming business in B.C.

'Radical participation'. Festival held in the Nevada Desert is more popular with British Columbians than ever — with an estimated 1,200 heading south

KATE WEBB
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The excitement is building and so are the art installations created by hundreds of British Columbians who make an annual pilgrimage to the Nevada Desert for an eclectic week-long festival called Burning Man.

Those familiar with the 27-year-old event, which takes its name from the giant effigy burned on the last Saturday of August, know its reputation as a hippie hotbed of sex, drugs and electronic dance music.

What is less well known is that the Burning Man organization gives out $700,000 in art grants each year, forms a self-sustaining temporary city of 60,000 that vanishes at the end without a trace, and is more popular with British Columbians than ever.

"We've received 900 ticket orders from B.C. this year, which could be a couple of tickets per order, so we estimate about 1,200 people are coming," said Burning Man regional network manager Meghan Rutigliano, noting even though they cost $400 that's nearly double the number of orders received the year before.

The soaring popularity of the sold-out festival has given rise to an annual regional event in Squamish called Burn in the Forest, and even a store in Gastown devoted to costumes and supplies geared toward "Burners," as they are often called.

Yvonne Higginson, owner of Why Knot's Curiosities on Cambie Street, says she started her business after noticing an explosion of interest in the costume-crazed culture, which revels in rave boots, wigs and onesies.

She estimates the number of past and returning B.C. Burners sits around 5,000, so it's no wonder her small shop is bustling.

"Burning Man was increasing in growth exponentially, you could see that that was happening," she said of her decision to open the store a year and a half ago.

"You could look on Facebook and see the group growing from 500 to 1,500 in a matter of one year."

It now has more than 1,900.

Neil P., who asked that his full last name be withheld for professional reasons, is spending his summer working on yet another quirky character in the Burning Man menagerie: The mutant vehicle. The festival prohibits the movement of all cars on the "playa," except those that come cleverly disguised as art.

"This will be my seventh Burning Man, and basically I've been trying to think of a project to bring there for years," he told Metro.

The Bleachers, a $22,000 crowdfunded art car that he and 20 other volunteers are feverishly constructing in East Vancouver, will provide mobile seating to those who would rather be spectators than acquiesce to the festivals' demand of "radical participation."

"The joke is, does a hockey team do better when the crowd is there? Are the spectators actually part of the event, or are they actually not part of the art?" he explains.

Luckily, another central tenet of the fest is radical, unconditional inclusion, so The Bleachers' team — like the rest of B.C.'s growing, wacky cast of Burners — should be a more than welcome to join the tens of thousands flocking each year to the world's biggest and most debauched party in the desert.

More and more British Columbians flock each year to a temporary city of 60,000 that pops up in the Nevada Desert at the end of August. DCMATT/FLICKR

Neil P. is spending his summer building an art car for the festival with about 20 volunteers. JENNIFER GAUTHIER/METRO

Quoted

"We've received 900 ticket orders from B.C. this year, which could be a couple of tickets per order, so we estimate about 1,200 people are coming."

Meghan Rutigliano, Burning Man regional network manager

Homeless war on Abbotsford manure-dump heats up ... Ew

The use of chicken manure in an effort to deter a homeless encampment is now causing a stink of another kind for officials in Abbotsford.

Several homeless people plan to launch lawsuits with the help of a social advocacy lawyer, claiming compensation after their property was lost or damaged when the excrement was spread over their camp site and in another incident where city police officers are accused of damaging tents and pepper-spraying belongings.

"We've tried to sit around and talk and we've tried to ask and nothing's happening and we're sick and tired of waiting and obviously, they need a kick in the (butt) to get moving and that's what we're doing," Doug Smith, who plans to file a small claims lawsuit for the destruction of his tent, said in an interview Wednesday. He and others also plan to file a human-rights complaint for their treatment.

Last month, the Fraser Valley city's manager took responsibility and the mayor apologized after city workers spread chicken manure over an area near the Salvation Army office where a tent encampment had sprung up.

Residents had been complaining about the behaviour of homeless people in the area, with one woman saying she had become a prisoner in her own home because homeless people were sleeping on her lawn and using her yard as a latrine.

In a separate incident, also last month, Abbotsford's police chief asked the province's police watchdog to investigate allegations that officers pepper-sprayed homeless residents and damaged their tents.

Smith was not in the area where the chicken manure was dumped, but he said he is among those who had their tents damaged or destroyed by police.

"If you were at home and the cops came to your place and knocked on the door and you didn't answer, there's no way in hell that they would kick your door open and come and say 'We had to do that just to see if you're in there.' But they can cut my tent open and do that kind of stuff to me, why, because I don't have a house? It's still my home."

THE CANADIAN PRESS

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Coal-dust video sparks concerns about export expansion in Surrey

Posted on YouTube.
CP takes extra measures to contain dust after the video surfaces

EMILY JACKSON
emily.jackson@metronews.ca

A YouTube video of clouds of black coal dust flying off Canadian Pacific railcars travelling through Delta is making the rounds among activists and residents opposed to a proposal to expand coal exports in Metro Vancouver.

The video, posted by a rail enthusiast who films trains as a hobby, was taken in May where the tracks cross over Highway 99 in Delta, user Cp9831 said in an email.

Groups such as Voters Taking Action on Climate Change and the Burns Bog Conservation Society are pointing to the video as proof that coal-dust suppressant doesn't keep all of the dust on the train, despite claims from the port and rail lines that the dust is under control. They're worried about the health and environmental effects of the dust.

Such concerns prompted Surrey Mayor Dianne Watts to ask the port to hold a full public hearing on the issue of exporting coal from the Fraser Surrey Docks, according to a letter dated July 18.

Watts joins mayors and municipalities around the region that have expressed concern about coal-export expansion.

But CP spokesman Ed Greenberg said the company takes dust issues "very seriously."

"Following loading at the mines, each coal car is sprayed with an environmentally benign glue-like substance that creates a plastic-like sealant on top of the coal," Greenberg said in an email. He added that each car is resprayed halfway to the coast at a high-tech plant.

After the incident in the video, CP increased the volume of sealant applied to cars and added monitoring crews, he said.

The port passed the question of the dust onto the railways. "Our position is clear. Trains must be sprayed to ensure coal dust does not escape during the transport of coal. This appears to be an anomalous event," said Marko Dekovic, the port's manager of government affairs.

Controversial project

If a new coal terminal at the Surrey Fraser Docks is approved, four million metric tonnes a year of coal from Wyoming and Montana would be transported through Metro Vancouver and loaded onto freighters bound for Asia.

A man who films trains as a hobby captured a video of coal dust flying from CP rail cars in May. YOUTUBE

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By George, we're famous! PG welcomes royal baby name

Not everyone is a fan of the name George, but one B.C. city couldn't be happier.

"There's always excitement around a new baby, especially one that shares your name," said Shari Green, mayor of Prince George.

On Wednesday, the Duke and Duchess of Cambridge announced their newborn son would be named George Alexander Louis — or just Prince George to his fans.

Green was delighted at the news and said the proverbial royal bump couldn't come at a better time.

"It's a significant year," she said. "We're celebrating 100 years in the city, 25 years of the university, which was opened by Queen Elizabeth, and hosting the Canada Winter Games."

Green will be extending a formal invitation to the Cambridge trio to visit during the festivities. City staff are also preparing a care package for the royal tot — including a "little onesie with Prince George on it" — and a welcome book will be set up at city hall for residents to sign, she said.

The city's tourism department is already planning to promote Prince George as a destination for royal watchers.

British bookies had picked George as the most likely name for the baby, and even though she's not the betting type, Green was thrilled to win out over a local rival.

"The mayor of Prince Rupert I'm sure is a little bit disappointed today," she joked.

LUKE SIMCOE, WITH FILES FROM EMILY JACKSON/METRO

Wait For Me, Daddy

War photo to be cast in bronze

The City of New Westminster is just an outstretched hand away from memorializing a famous Second World War moment in bronze.

The city has selected artists Veronica and Edwin Dam de Nogales to create a bronze rendering of the picture Wait For Me, Daddy, taken nearly 73 years ago in New Westminster.

The photograph by Claude Detloff shows a child breaking away from his mother to reach out to his uniformed father marching off to war. Weeks after it was taken, it was featured in Life Magazine and has since become the second-most-requested picture in Canada's National Archives.

A detail from Claude Detloff's Wait For Me, Daddy. NATIONAL ARCHIVES OF CANADA

The bronze will be placed in New Westminster's Hyack Square, in almost the exact spot where the picture was taken on Oct. 1, 1940. It is due to be unveiled in October of next year, and the city is also seeking a National Historic Site designation. Canada Post plans to issue a Wait For Me, Daddy commemorative stamp.

THE CANADIAN PRESS

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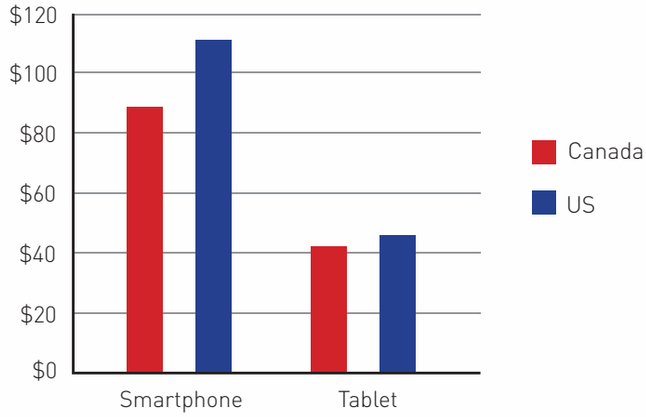

Source:
(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

CANADA A WORLD LEADER IN WIRELESS

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Gay pride event met with violent protests

Montenegro. Gay activists leave town by boat after rally for security reasons

Several hundred people shouting "Kill the gays" attacked gay activists and clashed with police on Wednesday in a bid to disrupt the first ever pride event in staunchly conservative Montenegro, which is seeking to improve its human rights record as it bids to join the European Union.

Angry assailants threw rocks, bottles, glasses and various other objects — including chairs from local cafes — at several dozen flag-waving gay activists in the coastal town of Budva who shouted back "Kiss the gays."

Quoted

"I expected opposition but this attack is actually the real image of Montenegro."

Zdravko Cimbaljevic, who in 2010 was the first person in Montenegro to publicly declare that he was gay

Police pushed the attackers away and allowed the event to continue. Police said about 20 people have been detained.

Some newspapers published mock obituaries for prominent gay activists ahead of the rally, while cafés in Budva stopped playing music for an hour on Tuesday in protest.

THE ASSOCIATED PRESS

A protest turns violent during the first gay pride event in the Montenegrin seaside resort of Budva, Wednesday. RISTO BOZOVIC/THE ASSOCIATED PRESS

Pussy Riot parole denied

Natalia Alekhina, the mother of jailed feminist punk band Pussy Riot member Maria Alekhina, waves to her daughter as she appears on a TV screen in a courtroom in Perm, Russia, Wednesday. The court turned down an appeal by Alekhina against a previous court ruling that denied her an early release. She was not allowed to take part in person, but was allowed to speak on video-link. Alekhina has served a year and a half out of her two-year prison sentence and was appealing for parole. ALEXANDER AGAFONOV/THE ASSOCIATED PRESS

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Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

An end to an ill fitted off the rack suit

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BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just $59 upto $250 & suit starting at $329 goes upto $3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

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You can only reach us on above hotel numbers during our stay or can call us on +1 647 400 3711 between July 16th - Aug 7th. Please ask for BMV Bespoke or Mr. William Bal at the hotel reception.

A Pakistani schoolgirl outside her classroom in a poor neighbourhood on the outskirts of Islamabad. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Burka ninja says to stay in school

Pakistan. Cartoon sees superheroine fight to keep girls' school open

Wonder Woman and Supergirl now have a Pakistani counterpart — one that shows a lot less skin.

Meet the Burka Avenger: a mild-mannered teacher with secret martial-arts skills who uses a black burka to hide her identity as she fights local thugs seeking to shut down her girls' school.

Sadly, it's a scenario Pakistanis are all too familiar with. The Taliban have blown up hundreds of schools and attacked activists because they oppose girls' education.

Action in the cartoon series is much more lighthearted. The bungling bad guys are no match for the Burka Avenger, undoubtedly the first South Asian ninja who wields books and pens as weapons.

The Urdu-language show is the brainchild of one of Pakistan's biggest pop stars, Aaron Haroon Rashid, who conceived of it as a way to emphasize the importance of girls' education and to teach children other lessons, such as not discriminating against others.

The main bad guys are Vadero Pajero, a corrupt politician, and Baba Bandook, an evil magician meant to resemble a Taliban commander.

THE ASSOCIATED PRESS

Dressed to repress?

Burka brings controversy, but imagine spandex

The decision to clothe the superhero in a black burka — a full-length robe commonly worn by conservative Islamic women in Pakistan and Afghanistan — could raise eyebrows because some view the outfit as a sign of oppression.

Rashid said he used it to give a local feel to the show.

"Since she is a woman, we could have dressed her up like Catwoman or Wonder Woman, but that probably wouldn't have worked in Pakistan," said Rashid.

The cartoon is set to run in early August. SEBASTIAN ABBOT/ THE ASSOCIATED PRESS

Didactic derring-do

"Each one of our episodes is centred around a moral, which sends out strong social messages to kids. But it is cloaked in pure entertainment."

Show creator and pop star Aaron Haroon Rashid

Aboriginal affairs

Premiers call for inquiry into slain, missing women

Provincial and territorial leaders threw their support Wednesday behind a national public inquiry into missing and murdered aboriginal women and girls, ratcheting up the pressure on Prime Minister Stephen Harper to follow suit.

Those who met with aboriginal leaders on Wednesday showed support ahead of the Council of the Federation meeting, said Ontario Premier Kathleen Wynne, who will chair the premiers' summit Thursday.

Alberta Premier Alison Redford and Newfoundland Premier Kathy Dunderdale were absent from the meeting, but both later went on record as supporting its outcome.

They did so after Michele Audette, president of the Native Women's Association of Canada, had said she interpreted their absence as a message of non-support.

The Native Women's Association of Canada has been saying for 13 years that there's a rise in missing aboriginal women, Audette said.

The organization has documented about 582 cases of missing or murdered women and girls.

THE CANADIAN PRESS

Spain

Train derailment kills dozens

A passenger train derailed Wednesday night on a curvy stretch of track in northwestern Spain, killing at least 40 people caught inside toppled cars and injuring at least 140 in the country's worst rail accident in decades, officials said.

THE ASSOCIATED PRESS

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Mom's more plugged in than you think

Social media. Far from being tech-challenged, demo ranks among 'most social consumers you'll meet,' report says

Forget the outdated stereotype of the tech-illiterate soccer mom. Twenty-first-century moms are increasingly becoming one of the most digitally savvy cohorts in Canada, according to a recently released report backed by data from measurement firm comScore and online surveys.

The 2013 Canada Social Mom report, published by the parenting website BabyCenter, calls today's plugged-in moms "the most social consumers you'll meet."

The report suggests 93 per cent of Canadian moms who use the Internet are logging into social networks every month. Tablet ownership among moms was up nearly 100 per cent in the past year. And mothers were found to be two and a half times more likely to prefer checking their social media feeds on a smartphone rather than a computer.

Researchers have been watching Canadian moms dramatically increase their Internet usage for years now, but preconceptions that they're not interested in technology remain, said Gagan Sharma, research director for Mom Central Consulting, which has offices in Toronto, Boston and New York.

Quoted

"Moms are the fastest growing smartphone users in Canada and that's something that a lot of people don't realize."

Gagan Sharma, research director for Mom Central Consulting

"Despite the fact we see that moms are heavily engaged online, they're tech savvy, they're engaged, we still find there is that perception where people don't understand that moms are actually leading the charge in a lot of ways," Sharma said.

According to the report, younger Canadian moms in particular (defined as ages 18 to 34) are very digitally engaged, often more so than the general public. Those moms averaged 10.7 hours of Facebook usage a month, or 55 per cent more than the 6.9 hours estimated for the rest of the general public. THE CANADIAN PRESS

Despite the fact that moms are heavily engaged online, preconceptions that they're not interested in technology remain, researchers say. ISTOCK

Currency. Jane Austen to grace U.K. banknote

Jane Austen will become the new face on England's 10-pound notes. The Bank of England chose the chronicler of 18th-century English country life as the new face of the note, bowing to critics who complained the institution was ignoring women on their currency.

"Jane Austen certainly merits a place in the select group of historical figures to appear on our banknotes," the bank's new governor Mark Carney said Wednesday in a statement.

The controversy began earlier this year when the bank announced it would replace the 19th-century social reformer Elizabeth Fry with wartime Prime Minister Winston Churchill on the five-pound note. That led to protests because no other woman besides Queen Elizabeth II would be shown on Britain's currency.

THE ASSOCIATED PRESS

The concept design for the reverse of the Bank of England's proposed 10-pound note with a picture of Jane Austen. BANK OF ENGLAND/ THE ASSOCIATED PRESS

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Wireless market

Don't give Verizon special treatment, Rogers CEO says

Big U.S. carriers like Verizon shouldn't be allowed to buy new Canadian wireless firms at discount prices while the big domestic carriers are barred from the same opportunity, the CEO of Rogers said Wednesday. Rogers welcomes competition but wants a level playing field, Nadir Mohamed told analysts. "What we're absolutely against is a tilted or stacked playing field where you have a massive incumbent U.S. carrier that would be given ... frankly better treatment than Canadian incumbents," he said. THE CANADIAN PRESS

Market Minute

DOLLAR
96.94¢
(-0.29¢)

TSX 12,672.30 (-73.08)

OIL $105.39 US (-$1.84)

GOLD $1,319.70 US (-$15)

Natural gas: $3.70 US (-4¢)
Dow Jones: 15,542.24 (-25.50)

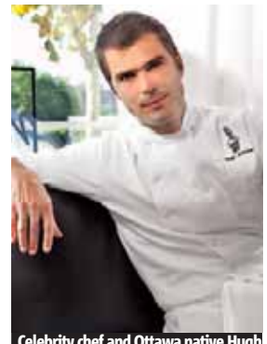
Concerts. Promoter to use locally sourced food

Concert promoter Live Nation is overhauling its U.S. concessions to serve only local produce and humanely raised meats.

Starting this week, all produce served at Live Nation's 38 amphitheatres around the U.S. will be sourced from within roughly a 100-mile radius (about 160 kilometres) of each venue. Additionally, all meats will carry either Certified Humane, Global Animal Partnership or Animal Welfare Approved certification.

The change will cost the company about an extra $1 million US a year, but concertgoers won't see that reflected in food or ticket prices, says Live Nation CEO Michael Rapino. The company has brought on celebrity chef Hugh Acheson as a consultant to help guide the changes. Acheson is an outspoken proponent of local and sustainable agriculture.

THE ASSOCIATED PRESS



Celebrity chef and Ottawa native Hugh Acheson will help Live Nation with its plan to provide ethically sourced food at its U.S. venues. THE ASSOCIATED PRESS FILE

DON'T LIKE YOUR DATE? DELETE IT!

HE SAYS

John Mazerolle
metronews.ca

Is dating shrinking?

I feel like dating has gotten smaller, with less weight and consequence. The Book of Love has become a pamphlet.

I've been pondering what I've been pondering with my Brain because recently I discovered a smartphone dating app called Tinder, which condenses relationship hunting to its smallest, shallowest form.

Unlike other dating sites that get bogged down in details like what the person is like or whether they can speak English, Tinder just focuses on what you need to know: name, age, location, and looks. If it's good enough for your passport, it's good enough for your soulmate.

And many Tinder users conveniently add photographs that focus on areas below the neck, in case you're not a face person.

There is room to write a bio, but the box is barely big enough for a cigarette warning. If you like the person, you swipe to the right. If you don't, to the left.

Essentially it's Goldilocks and The Three Bears if Goldilocks had grown up to be a player: Not hot enough! Too hot! Just right. Check!

There are all types on Tinder, but a typical woman on the site is a 22-year-old named Lauren (I swear, every fourth one is Lauren) who has a small dog, friends she poses with at clubs, a tendency to get a leg up when she takes selfies, and an inspirational quote that makes sense about 35 per cent of the time. ("Life is just in-between reality and fantasy, so love.")

If two people like each other, the app opens a chat window and you can start planning your wedding. If either person chooses "Nope," then neither side is the wiser.

Tinder removes all the depth from online dating, which is a bit like removing all the nutrients from a Twinkie or cutting the substantive scenes from a Michael Bay movie.

But I still kind of like it. I know the gut reaction is to cry out about how shallow the app is, but whatever — most deep relationships start in the shallow end, and if two people just want to fool around in the pool, laughing Danger in the face, more power to them. My only issue — and what made me think about dating shrinking — is that there is no risk on Tinder. The app lets you approach the most beautiful woman within 100 miles, and she can't laugh in your face. She can screenshot you to Instagram, sure, but it doesn't have quite the same impact.

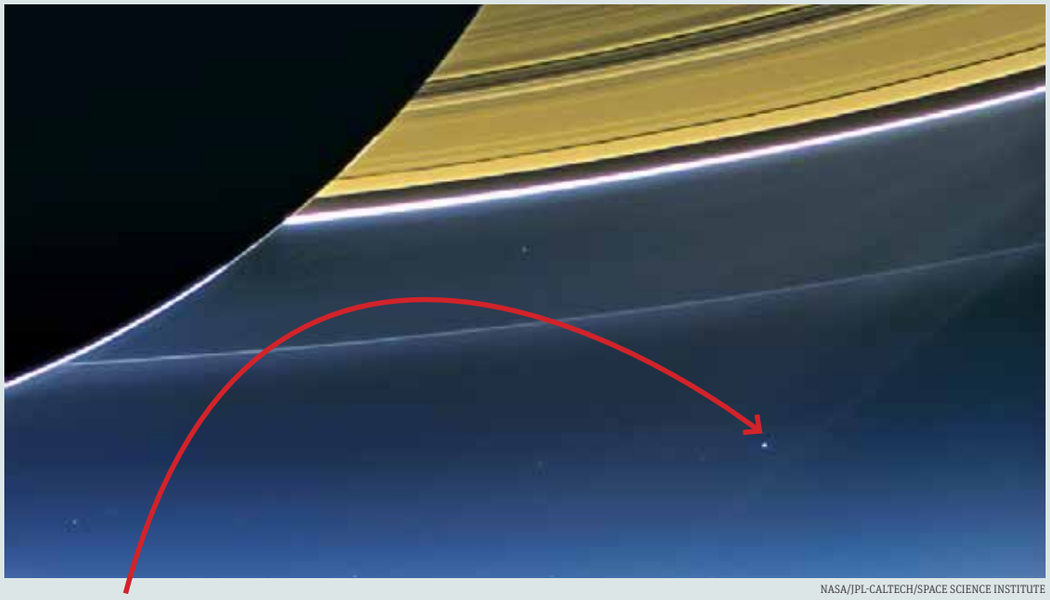
I remember how BIG dating seemed when I was in my early 20s. Asking someone out was an enormous mountain to climb — a difficult task when your palms are sweaty and you're hyperventilating.

So what's it like for a young person now? How do relationships feel when so many are started online, before you're as jaded as a 30-something? I'm not judging. I'm genuinely curious.

Once I dreamed of putting my hand on the cheek of a beautiful woman, like Romeo and Juliet. Now I swipe my thumb across her face. Dating may be shrinking, but these are big thoughts for Lauren and I to consider. We're going to be very happy together. Not her dog, though. I swiped it left.

ZOOM

Your hair looks great, from Saturn



NASA/JPL-CALTECH/SPACE SCIENCE INSTITUTE

Cassini spacecraft snaps our planet

NASA has released a rare image of Earth and the Moon taken by a spacecraft orbiting Saturn. In the picture by NASA's Cassini spacecraft, the planetary objects, shining as bright beacons from millions of kilometres away, appear as mere dots – Earth a pale blue and the moon a stark white, visible between Saturn's rings. **METRO**

Photo op

"It thrills me that people worldwide took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker." Carolyn Porco, Cassini imaging team lead at Space Science Institute

Public waves from grand distance

The photograph made on July 19 marked the first time people knew in advance that their long-distance picture was being taken. The public was asked to wave at Saturn after finding the ringed planet in their part of the sky, in an event scientist and Cassini imaging team leader Carolyn Porco described as an "interplanetary cosmic photo session." **METRO**

Long shot

1.5 billion

kilometres is the distance from Earth that NASA's Cassini spacecraft captured the colour images from its perch in the Saturn system.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So, has last week's Sharknado frenzy left you frothing for more laughably awful dialogue and willfully dodgy special effects, all served up with a sly wink? Luckily, Netflix has your back with these available-to-stream gems.

Student Bodies

A merciless parody of early slasher flicks starring The Breather, a faceless killer with a MacGyver-like mind for improvising murder weapons used to dispatch a selection of standard-issue pretty '80s studs and ladies. Agonizingly hilarious, it was Scream before Scream existed.

Rubber

Robert the sentient air tire goes rogue, leaving a bloody trail of high-concept deaths across the Mojave Desert. It's as absurd as it sounds.

Tremors 2

Aftershocks - Tremors was an instant classic, and if you think otherwise then I invite you to bounce a basketball across the film's Nevada setting. And while the sequel is one depressing degree removed from Kevin Bacon, the giant subterranean carnivorous worms pose just as big a problem as always.

Letters

The Conservative government's mismanagement of the North has made its cost of living soar and caused shortages of basic services, hurting families and jeopardizing the economic potential of the region. His bungling of adjustments to the federally-funded Nutrition North program has sent food prices skyrocketing, some reportedly as high as 250 per cent.

Grossly inadequate housing has left too many without a place to live.

Too many communities still lack access to fast, reliable Internet service, undermining business development and skills training. And a lack of basic health and mental health services is undermining the foundations of communities — the very basis of their prosperity.

With bountiful natural resources and a quickly growing population, the North is building a strong economy. Yet its full potential cannot be realized if families cannot afford healthy food, cannot find a place to live and cannot get the supports they need.

Mr. Harper needs to be more than a tourist when he visits the North for his annual Arctic photo op later this summer.

Yvonne Jones, MP
Liberal Party of Canada Northern Development Critic
Mary's Harbour, N.L.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Help a Shameless car wash

Events. Help out your local Hussy, harp on about an upcoming concert, or switch gears and visit the Cultch Gallery

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Do you like local theatre? Do you have a car? Is it dirty?

If you answered "yes" to both those questions, why not kill two birds with one stone (kind of a violent metaphor, no?) and bring your dirty vehicle down to this fundraiser for Shameless Hussy Productions?

Even if you don't have a car, just show up and play with the hose and make a donation.

They're raising money for the theatre company. Specifically, to tour Meghan Gardiner's acclaimed play DISSOLVE throughout B.C. in the fall. Check it out on Saturday (11 a.m. to 4 p.m.) at Arbutus Shopping Centre (4255 Arbutus St.). More information at ShamelessHussy.com.

A concert to harp on about

Quick — when's the last time you got to see a quartet of internationally renowned harpists in concert?

It probably doesn't happen very often, so be sure to seize the moment when Christina Braga, Judy Loman, Gianetta Baril and Elizabeth Volpé Bligh perform next week at Koerner Recital Hall at the Vancouver Academy of Music.

The talented players, all four of whom are faculty members of the Canadian International Summer Harp Institute, will be playing a combination of classical and Brazilian music — both in solos and ensembles.

"This is a rare opportunity for people to hear these incredible players in an intimate setting, and playing a wonderful variety of music," said institute co-founder Elizabeth Volpé Bligh, who also performs as Vancouver Symphony's principal harpist.

The harps get strummed Thursday, Aug. 1 at 7 p.m. Tickets $20/25 at the door. Check out VancouverAcademyofMusic.com for more information.

Cue transitional harp music.

Cultch Gallery launches new season

The Cultch Gallery launches its 2013-14 season next week with the debut of Epiphany in her Lair with Friends, by Tom McKinnon.

The local sculptor will be exhibiting life-size cedar figures depicting plant spirits inspired by his extensive travels in South America.

The launch takes place Thursday, Aug. 1 from 6 to 8 p.m. at The Cultch (1895 Venables St.). More information at TheCultch.com.

Have a car? Like theatre? Check out Shameless Hussy Production's fundraising car wash Saturday at the Arbutus Shopping Centre. SUBMITTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jared Leto ALL IMAGES GETTY

Leto lets us in on his troubled, drug-fuelled past

It turns out Jared Leto's own teenage years were a lot more dramatic than what he played on My So-Called Life. In a Letter to my Younger Self for the U.K.'s Big Issue, Leto admits to a pretty rocky adolescence. "If I met the teenage Jared now the first thing I'd notice would probably be that my wallet was missing," he writes. "I was in trouble quite a bit with the authorities, any person who made rules or the law. Probably a lot of my behaviour was related to doing drugs." Leto even cops to considering some different career paths. "I was at a crossroads in life when I was 16," he admits. "I didn't know I was going to be an actor. I thought it might be an artist or a painter. Or maybe a drug dealer. But I didn't know which path I would take. It's just fortunate that I chose one over the other."

The Word

Bynes being held after fire incident in California

Amanda Bynes' return to California went south pretty fast, with the troubled actress detained by police and put on a 72-hour psychiatric hold after reportedly trespassing and setting a small fire on a neighbour's property, according to police reports obtained by TMZ. "I see this girl with her pant leg on fire and a gas can trailing fire through the driveway," local resident Andrew Liverpool tells E! News. "She put the fire out on her leg and was rushing over to her dog. I kicked the gas can over and moved it to the middle of the driveway so nothing else would catch on fire. I said, 'Are you OK?' She was kind of frantic and discombobulated." Bynes allegedly attempted to flee the scene in a taxi, with police cars chasing after. The troubled actress returned to California because she "was unable to find any place to live in New York City because of her bizarre behaviour," a source tells Radar Online. "No one would rent an apartment to her. She does own a house in Calabasas. It's unclear how she got to California from New York."

Twitter

@lenadunham
Makeup artist pointed to my pimple. Other makeup artist said "yeah, that's the one I was telling you about yesterday."

@rihanna
So I have to wait 'til August 5th to get the 2nd season of "Girls" on Apple TV????!!!! Whyyyyyyyyyyyy?????

@JuddApatow
North West will dominate the royal baby in all aspects of life. Style, athleticism, sense of humor, flow, sexiness, height, math & hustle.

Lisa Kudrow

Kudrow urges all to forget about Friends the movie

Lisa Kudrow wants to be clear: There won't be a Friends movie, so please stop asking about it. "I knew there wasn't ever a movie. There was never a Friends movie. Ever. So I've always known it's not happening," she tells CNN. "With this last rumour someone came up with a great graphic with the couch and it looked like a real teaser. And then someone came up with a fake story and got some publication to buy the lie that there was going to be a reunion. And I went, 'Wait a minute, was I not invited? Oh my God, maybe there is one and I wasn't asked to do it.' I even had a moment where I believed it because everything around it looked real. It was a good setup."

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LIFE 3

This trend's got staying power

If you follow beauty blogs and magazines, you may have noticed that primers are the new "must" makeup artists swear by. We test out five to see which can stand the heat and humidity

ROMINA McGUINNESS
Metro World News

By Terry Hyaluronic Hydra-Primer

The press release says the formula will reduce enlarged pores. But after putting it on, mine still looked like gaping holes. The formula felt heavier than I expected, but it gets high marks for staying power. Twelve hours and a sweaty yoga class later, I still had a full face of makeup on.
$59, spacenk.com

MAC Prep + Prime Skin Primer

Everything about this is shimmery — the packaging, tube and cream all contain glitter. So I expected this to give my skin a glow as well. No dice. But I liked that this primer made my skin feel smooth and oil free. However, it took me twice as long to wash my makeup off.
$29, maccosmetics.com

Estée Lauder Illuminating Perfecting Primer

Is that a glow I see? This primer brightened up my face and anchored down my BB cream, stopping it from sliding off my face. The texture is thick, but not pore-cloggingly so, and the formula, which includes shea butter, made my skin feel softer than usual. But I could do without the mattifying effect, which was too powdery for my taste.
$32, esteelauder.com

Stila One Step Correct

This formula made my makeup look natural and healthy, leaving a dewy, smooth finish. And the colour correcting mousse managed to hide the stubborn red patches around my nose. Best of all, it lasted all day and I forgot I had anything on.
$36, stilacosmetics.com

Benefit 'That Gal' Brightening Face Primer

I tried this on a bad skin day. I was looking a bit sallow. But after trying it on, my cheeks looked rosy. It also gave my skin a smooth surface, hiding my scars and minimizing the size of my pores. Come bedtime — even after I had washed my face — my skin hadn't lost its glow. $29, benefitcosmetics.com

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GIVE YOUR HOME A LANDSCAPING LIFT

CHRIS CLINTON/LIFESIZE/THINKSTOCK

Updating your yard can be an economical and rewarding part of giving your entire home a lift. The trouble is there are so many new landscaping techniques from which to choose.

One of the best ways to start planning your new design is by observing some of landscaping trends in home and yard improvement. Here is a rundown of some popular landscaping trends.

RETURN TO BOXY BORDERS

Landscaping pros are using traditional plant borders in modern geometric shapes to give the yard visual appeal. As opposed to last year's rounder corners trend, boxy borders made from low-maintenance shrubs are coming back. Stacked containers and walls use straight lines and symmetry that complement the structure of the home.

LOTS OF EYE-POPPING COLOURS

This year, expect to see a growing number of landscaping projects that are wild with every colour of the rainbow. Blending the exotics with low-key annuals is popular, with a variety of colourful grasses and trees that bring punchy colour to the scene. Even containers get a lift in bright colours like reds, yellows, and metallic shades.

ECO-WALLS AND VERTICAL GARDENING

A popular landscaping trend, especially in small communities, is vertical gardens that become living walls of green plants. These walls can become outdoor privacy areas, or they can be added to existing landscaping as an outdoor sculpture to give a property unique appeal.

SUSTAINABLE LANDSCAPE PLANTS

Instead of choosing the standard landscape plants to adorn properties, a trend in contemporary landscaping is to embrace sustainable lifestyles with a mix of fruit and vegetable plants added. This gives the landscape a unique look while helping to provide a source of nutrition for the property owners at the same time.

OUTDOOR ENTERTAINMENT TECHNOLOGY

Thanks to the surge in consumer technology, the trend in landscaping is integrated outdoor entertainment. From built-in surround speakers to sound-activated lighting in fountains, the landscaping world is multi-dimensional to the senses.

LIVING MORE FOR THE OUTDOORS

Outdoor furnishings are becoming a bigger part of landscaping design. Outdoor games like lawn bowling, bocce ball, and badminton are coming back, inspiring decadently designed play areas. *– ComFree.com*

INVEST IN SASKATCHEWAN

WITH THE RED DOOR VENTURE GROUP

MONKEY BUSINESS/THINKSTOCK

The land of the living skies has a bright future ahead, and real estate developers are taking note.

Saskatchewan's economic growth has incredible potential, according to Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company has built its name on the province's solid economic foundations, and sees nothing but blue skies ahead, Midtdal says.

The company pairs with outstanding local developers to deliver high-quality developments across the province.

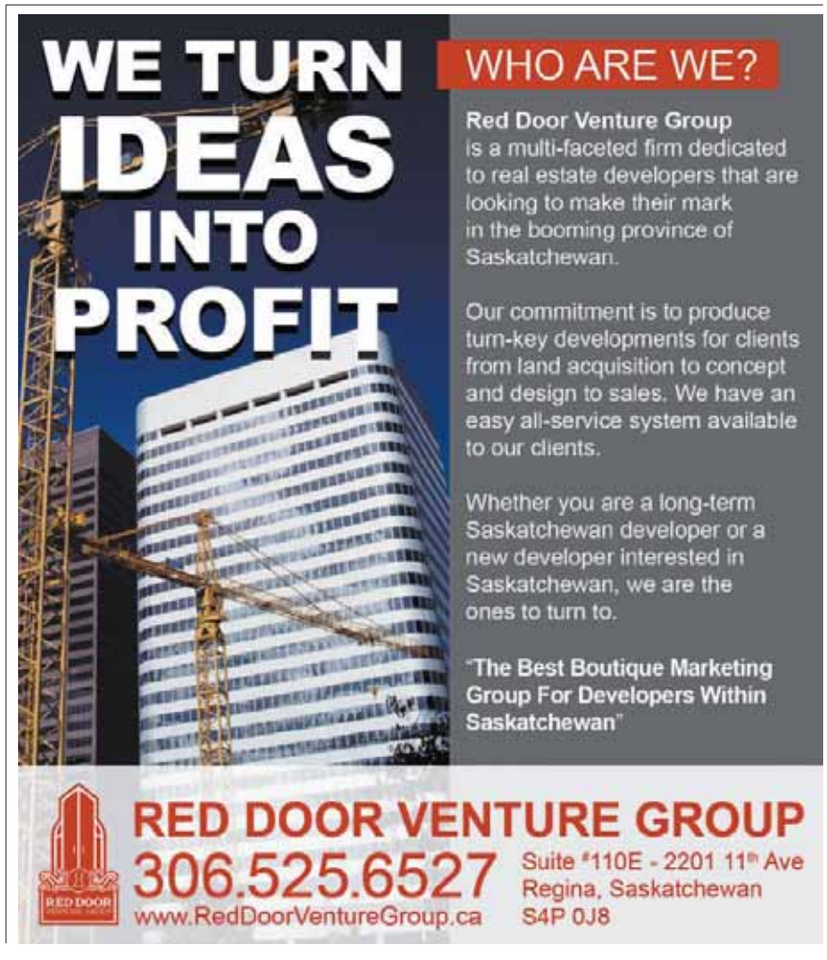
The vast amount of undeveloped land in Saskatchewan has left the real estate market wide open for new real estate opportunities for developers and for buyers, Midtdal says.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of."

Red Door works with developers from the land acquisition stage all the way through concept design and sales, producing turn-key developments for clients.

"We have an easy, all-service system available to the developers we partner with, tailoring each interaction to meet their needs," Midtdal says.

For more about Red Door Venture Group, or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.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Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.
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188 KEEFER MEETS DIVERSE NEEDS

CONTRIBUTED

Chinatown is about to get a few new neighbours. This Saturday at noon, the new condo development 188 Keefer will be releasing its tower homes, for sale from $259,900 for a one-bedroom-and-den.

"It's great to finally start selling the beautiful homes we've been working on," says Alexa Paukkunen, sales and marketing director for 188 Keefer by the developer Westbank. "It's awesome to see people thrilled to purchase their new home."

These well-designed, practical condos have high-quality interiors designed to meet residents' diverse needs.

The tower homes reach up to 17 levels and feature engineered hardwood flooring, Miele and Blomberg stainless steel appliances, contemporary sink fixtures, Corian countertops, and custom back-painted glass backsplashes.

And the views aren't too shabby either, Paukkunen says. "No matter which direction your condo is facing, those big windows are going to capture all the landscapes that make Vancouver a world-class place to live — the mountains, water, cityscapes and green space."

The 188 Keefer development was created specifically to offer a mixture of price options so that a wide range of buyers could afford a home there, Paukkunen says.

"Westbank is best known for luxury developments, so buyers at 188 Keefer can have the confidence and peace of mind that they're getting an outstanding home."

The exterior of 188 Keefer was designed to incorporate the flavour of its neighbourhood. The modern tower homes will rise above the decorative concrete cornice of the podium section, which incorporates Chinese design flair into the building.

A feature wall on the tower will display a public art installation by Vancouver artist Ron Terada.

Amenity spaces at 188 Keefer total nearly 4,000 square feet and provide a range of entertainment and activities for residents and their guests, including the 2,500-square-foot terrace, with its children's play area and urban garden plots.

The public are invited to come visit the information centre Saturday at noon. The celebration will include prize draws and critically acclaimed Chinese fusion food truck Roaming Dragon.

The 188 Keefer information centre is now open at 190 Keefer St., Vancouver (corner of Main and Keefer). For more, call 604-620-2018 or visit 188keefer.com.

NO FINER TOWN THAN CHINATOWN

MANY EVENTS PLANNED FOR THIS SUMMER

CONTRIBUTED

Chinatown is the place to be in summertime. With its diverse collection of festivals, up-and-coming shops and restaurants, and established neighbourhood spots, this eclectic community provides a rich cultural backdrop for 188 Keefer, a new condo development.

Despite its status as the next hot Vancouver neighbourhood, Chinatown is staying true to its roots. Since the 1800s, Chinatown streets have been bustling with food, goods and services that cater to the Chinese community.

The neighbourhood's heritage was one reason Westbank, the developers of 188 Keefer, wanted to build there, but it also wanted to make sure its development fitted into the neighbourhood, says Alexa Paukkunen, sales and marketing director for 188 Keefer.

This 156-condo, 17-level development by Vancouver's Westbank was designed to keep with the neighbourhood's eclectic style, Paukkunen says.

"We've made sure everything from our architecture to our prices reflects the Chinatown community."

Every year, Chinatown's events draw people from all around Metro Vancouver. The biggest one of these, Chinatown's famous Chinese New Year parade, includes lion dances, marching bands, dancing and martial arts performances. And, of course, a plethora of food options — traditional and non-traditional, and all mouth watering.

There's also lots to do in the summertime. At night between May and September, the newly revitalized Chinatown Night Market is buzzing with vendors, food and entertainment, including mahjong and Ping-Pong tournaments.

Just a short walk away from 188 Keefer, Dr. Sun Yat-Sen Classical Chinese Garden is a tranquil oasis. Until Aug. 30, the garden will host its annual Enchanted Evenings Concert Series every Friday night.

Coming up Aug. 10-11 is the Vancouver Chinatown Festival, a celebration of all things Chinatown, including a historical and food-tasting walking tour.

Public transportation is easily accessible nearby via Stadium and Main Street SkyTrain Stations, making Chinatown a hub that's accessible from almost anywhere in Vancouver.

"Chinatown is definitely the place to be this summer," Paukkunen says.

188 KEEFER 祿

188 Keefer is a high quality opportunity for **ACHIEVABLE HOME OWNERSHIP** in the city of Vancouver. An example of creative envisioning, excellent timing, progressive financing, and a key location – **188 Keefer** offers **panoramic view homes**, **luxurious interiors** and over 6,500 square feet of **indoor and outdoor amenities**.

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FULL PACKAGE

ALTUS HAS MANY EXCEPTIONAL FEATURES

The newest addition to Burnaby's growing skyline is a cut above the rest. The Altus tower by Appia Developments will be Burnaby's tallest building at 550 feet.

"And it has a collection of exceptional features that live up to its stature," says Lisa Murrell, sales and marketing manager at Appia Developments.

"Altus will have outstanding homes," Murrell says. "Residents will have high-quality homes, great amenities, and spectacular views."

Altus is part of the master-planned community of SOLO District, currently under construction in North Burnaby near Brentwood Mall and Brentwood Sky-Train Station.

"Homes at Altus were designed to become part of the community hub here at Lougheed and Willingdon," Murrell says. "We're particularly seeing a lot of families and young couples buying here."

Homes in the 550-foot-high tower start in the low $300,000s and range from 539-square-foot one bedrooms to 1,709-square-foot three-bedroom penthouses.

"This location, with its many amenities, at this price point have been a very good combination for buyers," Murrell says. "Lots of young families are particularly drawn to the lower-level three-bedroom homes."

The interior's smart, attractive design includes one of two colour schemes by Cristina Oberti — Grigio or Noce.

Every home features high-quality finishings including Italian Armony Cucine cabinetry, Kohler fixtures, polished quartz countertops, engineered laminate wood flooring, and custom roller blinds.

Nine-foot ceilings and seven-foot doors in the homes make the most of natural light, and the large windows highlight the building's expansive views of Metro Vancouver, Mount Baker and the North Shore mountains, Murrell says.

"These homes are undoubtedly beautiful, but we also made sure they were practical, taking residents' everyday needs into consideration. Having kids myself, I know it's key to have everything you need at your fingertips, made with durable materials that are easy to clean."

Homes at Altus were also designed with the environment in mind. All the towers at SOLO District were designed to LEED Gold equivalency, including a geo-exchange heating and cooling system that reduces the need for energy usage in the building, and saves residents money on energy bills.

"SOLO District homes are the full package," Murrell says.

For more, visit solodistrict.com.

SOLO DISTRICT IS A GREAT NEIGHBOURHOOD TO CALL HOME

Developing new homes in an established area has been one of the most exciting and interesting challenges developing the master-planned SOLO District community in North Burnaby, says Lisa Murrell, sales and marketing manager at Appia Developments, the developer of the new SOLO District neighbourhood

"We've really done our best to add to the community spirit of North Burnaby, as well as adding density to the area," she says. "The SOLO District is about providing residents a great neighbourhood to call home."

SOLO District is a master-planned community of condo towers, including Stratus and the newly released Altus, and is located on the south side of Lougheed

CONTRIBUTED

Highway adjacent to Brentwood Town Centre and its nearby SkyTrain Station.

The community will be made up of 1,400 condo homes in four towers, with plenty of common green space, and 100,000 square feet of retail space, including a Whole Foods grocery store, cafés, and other retail outlets.

The first 14 floors of the development's Altus tower will also house office space.

In addition to the retail and other amenities accessible within the community, residents will have access to Brentwood Town Centre's 150 shops and services, just a five-minute walk away.

From the Brentwood Town Centre bus loop and SkyTrain station, it's just a 20-minute ride to downtown Vancouver or downtown Surrey, and about 10 minutes to Production Way Station for those who commute to Simon Fraser University.

"SOLO District is a perfect jumping-off point for residents who commute," Murrell says. "It's fantastic to have the SkyTrain right there as an alternative option for transportation."

Within the development, Club 55 is a spectacular, 5,000-square-foot private amenity space featuring a rooftop lounge and barbecue area at the top of the development's Altus tower. Level 15 of Altus will provide a smaller, more secluded patio.

Residents will also get a chance to host a billiards or Ping-Pong tournament, or a game night at the media centre.

When residents want to stay fit, they can use the deluxe fitness centre, equipped with a unique outdoor multi-court for team tournaments, from badminton to floor hockey.

"We've really made lifestyle a priority," Murrell says.

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CONTRIBUTED PHOTOS

PEACE OF MIND AT PACIFIC POINT

Purchasers at Pacific Point in Yaletown officially started moving in this month, says Lisa Murrell, sales and marketing manager at Bosa Development.

"Since this is a building that Nat Bosa bought and completely renovated, buyers are paying a lower price for new condos in one of Vancouver's best locations — the response so far has been phenomenal," Murrell says. Homes feature stunning views of False Creek, David Lam Park and city lights.

"Our prices are about 10 per cent less than equivalent condos in Yaletown," Murrell says. "Buying at Pacific Point is a cost-effective way of buying your first home or moving into a bigger space."

The project, designed and executed by Bosa Development, still has a range of units available.

"Bosa developed Pacific Point as a collection of high-spec condos at an affordable price point," Murrell says.

"This 20-year-old building used to be a collection of rental apartments. The building had good bones, so Nat Bosa bought it and completely renovated it, creating condos that are new from the flooring to the sink fixtures and everything in between. And buyers get the extra perk of not having to pay HST or GST on the cost of their home."

The 28-storey tower on Homer Street just north of Pacific Boulevard has 214 units, including studios, one-bedroom-and-dens, junior-two-bedroom-and-dens, two-bedroom-and-dens, and penthouse suites. Sizes range from 448 to 1,678 square feet. Prices start at $385,000.

To assure buyers of the reliability of their purchase, the developer is offering buyers a 2-5-10 warranty.

"We wanted to give Pacific Point buyers the peace of mind that buying at Pacific Point is a good decision for the long term."

Inside each unit is new and professionally interior designed, with flooring in laminate wood, porcelain tile, and deep, durable carpet.

"The view from the floor-to-ceiling windows in the dens is panoramic," Murrell says.

Quality kitchens include Armony Cucine cabinetry, a quartz slab backsplash, polished quartz countertops, and sleek undermounted sinks.

In Pacific Point's amenity space, residents can enjoy an exclusive lap pool, hot tub and sauna, a fitness studio and yoga area, his and hers change rooms, and a residents' lounge with a pool table.

For more information, please see pacificpointcondos.com.

THE RISE OF A VALUE-ADDED COMMUNITY

CONTRIBUTED

There's a trend among housing developers these days to bring the amenities to their residents through mixed-use developments, but that's not necessary at Pacific Point, says Lisa Murrell, sales and marketing manager at Bosa Development.

"People want to have quick access to grocery stores and other shops, as well as restaurants, coffee shops and entertainment," Murrell says. "Pacific Point has that in spades because of our covetable location in Yaletown. For developments down here, there's no need to build diversity and convenience in — it's already there."

Pacific Point is located in a quiet pocket of downtown Vancouver just off the beaten path in Yaletown.

Secluded and central, "Pacific Point allows its residents quick access to the great range of amenities available in the neighbourhood, and the even greater range available if they expand their scope to all of downtown," Murrell says.

A short walk from home are Yaletown institutions including Yaletown Brewing pub and restaurant and the upscale Blue Water Cafe, as well as ever-evolving new shops and restaurants. Activities in the neighbourhood abound.

This summer, residents can even enjoy an outdoor movie in neighbouring David Lam Park.

"The community of Yaletown is the ultimate value-add for Pacific Point owners and residents," Murrell says. "There's always something going on. Whether it's a cultural event at the Roundhouse Community Centre, a free concert at David Lam Park, or a private dinner with your friends at one of the area's many acclaimed restaurants."

There are all sorts of places to enjoy the summer sunshine around the neighbourhood, she says, including David Lam and George Wainborn parks, and waterfront green spaces.

The Seawall is another feature residents will love, Murrell says. This paved thoroughfare extends all the way around False Creek and Stanley Park, and provides a fantastic place to get your summer exercise on a bike, in-line skates, or on foot.

"One of the special things about Pacific Point is its access to that quintessentially Vancouver lifestyle — the city plus ocean plus parks, all rolled into one," Murrell says.

Transportation is cheap and easily accessible via the Canada Line SkyTrain just two blocks away.

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ENJOY FAMILY LIVING AT ITS FINEST

IN SILVER RIDGE

CONTRIBUTED

The Hampstead collection of single-family homes in the award-winning community of Silver Ridge offers family living at its finest.

Set within the 150-acre, award-winning master-planned community of Silver Ridge, Portrait Homes' Hampstead features meticulously designed homes, ranging from 2,450 to more than 3,500 square feet in size, providing quality craftsmanship, functional spaces geared to family living and a list of standard features sure to impress.

"The beautiful thing about Hampstead at Silver Ridge is there is protected green space around the community and small cul-de-sacs where children can safely ride their bikes," says Portrait Homes' Sue Rutledge. "It's a very family-oriented community."

Each Hampstead home is set amidst a backdrop of natural green space. Located in the foothills of the Golden Ears Mountains in the district of Maple Ridge, Silver Ridge is one of Western Canada's first "eco-cluster" developments, set in an area of a hilly, evergreen rainforest typical of the Pacific Northwest. Silver Ridge's storm water management system has won numerous awards for environmental stewardship.

Parks, riding stables, golf courses, as well as shopping, movie theatres and recreation complexes are within close proximity.

The homes boast architecturally designed exteriors in rich, pleasing colours, custom stone detailing and natural-stained wood beams. Front and rear yards are professionally landscaped and spacious concrete driveways feature exposed aggregate accent trim.

Inside the homes are nine-foot ceilings through the main floor, inviting foyers, dramatic vaulted ceilings, energy-efficient fireplaces, hand-set white ceramic tiled window sills, extensive pot lights, gourmet kitchens with Shaker-style cabinetry, work island with eating/conversation bars, large walk-in pantries and double sinks with pullout faucets, and sumptuous master suites with large walk-in closets, soaker tubs, frameless shower stalls, granite countertops, and dual-flush water closets.

"There is also a huge list of optional upgrades so purchasers can truly customize the finishes in their homes," Rutledge says.

"While the Boss is Away" summer sale is offering savings up to $12,000 on a limited number of homes in every style, the first three purchasers will receive a $2,000 Ikea gift certificate on closing.

The Hampstead sales centre located at 13555 230A St., Maple Ridge, is open daily from noon to 5 p.m. For more information, visit the sales centre, click on HampsteadLiving.ca, or call 604-466-9278.

SURROUNDED BY NATURE

CONTRIBUTED

With mature trees dotting a peaceful setting, yet close to all community conveniences, Panorama Woods in Surrey offers an unparalleled location.

Portrait Homes' private enclave of distinctively designed townhouses, some backing onto a greenbelt, provides a peaceful escape from the bustle of urban life, surrounded by nature. A wealth of amenities in the Panorama Woods Clubhouse are for the exclusive use of homeowners, where they can enjoy a furnished lounge with kitchen facilities, fully equipped exercise centre, pool table lounge with TV area, and a hotel-style private guest suite for friends and family.

Within minutes of Panorama Woods are schools, shopping and services, golf courses, parks and trails, sporting facilities, and entertainment.

"Panorama Woods is within easy commuting distance and you have various options, including car, and bus to SkyTrain," says sales representative Angela Stewart.

The townhouse collection, starting at $309,900, offers a range of design choices from 1,380 square feet to more than 1,700 square feet in two- to three-bedroom-plus-den plans. The homes feature the quality craftsmanship for which award-winning Portrait Homes is renowned.

"This builder pays great attention to detail, such as adding privacy screens at the front door and on balconies, putting vaulted ceilings in all master bedrooms and powder rooms on the main floor," Stewart says.

Quality features and finishes include nine-foot main floor ceilings, laminate flooring and 32-ounce carpet, hand-set white tile window sills, gourmet kitchens with stainless steel appliances and granite countertops, electric fireplaces and spa-like master ensuite bathrooms with large shower stalls, dual-flush water closets, and elegant Moen fixtures. Homeowners can also choose from a range of upgrade options.

Homeowners can choose from three designer colour schemes — Sage, Charcoal and Sandstone — to select the one that best suits their taste.

Buyers can take advantage of special savings during the "While the Boss is Away" summer sale. The Panorama Woods Sales Centre is located at 6123 138th St., Surrey, and is open each day of the week from noon to 5 p.m. For more information, visit the sales centre or call 778-593-9954.

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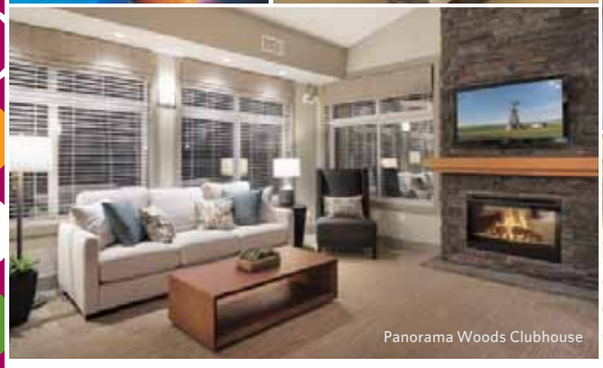

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English Mews in Westminster.

CONTRIBUTED

MANY CHOICES, STYLES

FROM TIEN SHER

Quattro, a Tien Sher project in the Surrey City Centre, is one of the largest multi-family communities in Metro Vancouver. Quattro3 offers a choice of affordable suite styles: Junior-one-bedroom; one- or two-bedroom; or unique two-level live/work lofts.

Quattro3's outdoor space opens to the landscaped courtyards of the Quattro community with a playground, park benches, reflecting grounds and trellises.

Suite features include nine-foot ceilings, granite countertops and seven appliances. Prices start from $139,900 and there are 30 suites left. The project has appealed to a variety of buyers including first timers and move-down buyers, as well as investors.

For more, call 604-581-8000 or visit tiensher.com/properties/quattro3.

In New Westminster's Queensborough neighbourhood, Tien Sher has launched English Mews 2, the final phase of a townhouse community in the heart of Metro Vancouver within walking distance of schools, trails and parks, transit, shops and a community centre.

The Maritime village-inspired towns with three bedrooms start from $399,900 with the first homes ready for occupancy in September.

"We have two extremes, from small units that are an alternative to a condo, and larger units that are almost like a single-family home," says Charan Sethi, president of Tien Sher.

"The larger ones have garages large enough for two cars and a motorcycle. Not many people are building these. It's been very successful."

Townhouse features include oversized, energy-efficient windows and patio doors that allow an abundance of natural light in, nine-foot main level ceilings, open concept living spaces with wide, plank-style laminate flooring on the main level and recessed pot and track lighting. Spacious balconies offer fully reinforced liquid-applied deck membranes and natural gas barbecue outlets.

The English Mews sales centre and show home is open daily from noon to 5 p.m. at 1111 Ewen Ave., Unit 22, Westminster. For more, call 604-517-1688 or visit englishmews.com.

JADE TO FILL UNIQUE NEED IN RICHMOND

Jade is coming soon to Richmond, filling a need for larger homes and for flats to serve seniors. Jade will include 481-square-foot garden flats on the ground level and 1,240- to 1,770-square-foot, two-storey townhouses with two or three bedrooms above.

"It's quite a mixed bag in one complex," says Charan Sethi, president of Tien Sher. "We wanted to provide garden apartments for seniors who want a bit of a front yard. Some are much more comfortable with ground-related housing. They can walk to stores, they are close to the casino and Queen's Landing and there's a bus stop across from Jade."

Sethi says the two unit types could provide opportunities for extended families.

"Mom and dad could live in the one-bedroom unit on the ground floor and the balance of the family live upstairs. Or someone could just buy the ground floor or the townhouse. Or they could have separate titles."

To register for Jade, visit tiensher.com.

CONTRIBUTED

BUILDING A NICHE MARKET

From affordable micro-suites to high-rise condos to stylish townhouses, the Tien Sher Group is continuing to distinguish itself as one of the most innovative builders in the Lower Mainland.

"We look for areas where there is a lack of type of certain type of home and we build something different than anyone else building, creating a niche market," says Charan Sethi, president of Tien Sher.

Four current projects from this multiple award-winning company are examples of this leading-edge thinking, catering to purchasers ranging from first-time buyers to families and seniors.

Balance, described as having Canada's smallest condos, is located in Surrey's City Centre with easy access to public transit and amenities. While micro-suites have been offered on the Mainland as rental units, Tien Sher saw how this form of housing could provide ownership opportunities for first-time buyers and those with modest incomes who otherwise could not afford a home of their own. Balance offers 56 compact, well-designed suites priced from $119,900.

"Balance is meant to get the people who make $12 to $25 an hour into the market," Sethi says. "Here, they can afford to buy a condo of their own with kitchen, full bathroom, live-sleep space and a nice little balcony. It's a very livable space."

The micro-suites, though small in size, are big on style, providing features such as nine-foot ceilings and natural brushed laminate flooring.

The Balance sales office is open daily except Friday from noon to 5 p.m. at 114–10768 Whalley Blvd., Surrey. For more, call 604-424-8900.

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*Subject to qualification. Contact our sales team for more information.

CONTRIBUTED PHOTOS

INTIMATE SETTINGS

JOIN 'SOCIAL REAL ESTATE' TREND AT TRIO

There's a growing trend in Canada's major cities towards lower density, more intimate housing that still offers the conveniences of a condo lifestyle.

Vancouver is among the cities where this trend is catching on, says Scott Brown, senior vice-president of Colliers Residential Project Marketing Group. A prime example of a project catering to this niche is Trio, a contemporary lowrise condo building by Vanlux Development, designed by award-winning Wilson Chang Architects, with just 30 condo suites at Kingsway and Commercial Drive.

"While highrises generally have been very successful, absorbed by investors and end-user buyers, there's a growing trend to people wanting to live in more intimate settings or buildings," Brown says. "I call this 'social real estate.' This term describes the people who want to buy real estate where they can socialize with other people in their building, which, at most, means 25 to 50 other homeowners. Of course, some people value the anonymity they get with a larger building. In contrast, this type of buyer is looking more for community and locations where they can interact with their neighbours and local retailers."

Trio is set within an area undergoing a modernization. Its newly completed form stands at the intersection of three vibrant neighbourhoods, including Commercial and Kingsway, Grandview/Collingwood Village and the King Edward/Knight district. A full range of urban amenities are within minutes, including restaurants, parks, markets and public transit (the SkyTrain is a 10-minute walk away).

Kingsway used to be the main thoroughfare to the suburbs from downtown. Since then, it has evolved into an eclectic, multicultural and vibrant thoroughfare. At street level, Trio will bring quality new commercial space to the area, including medical offices and a coffee house that will no doubt become a neighbourhood gathering spot.

Though it has a small neighbourhood feel, Trio is just 15 minutes from downtown Vancouver, yet offers homes at a budget-conscious price. While comparable condo products on the west side of the city range from $600 to $750 per square foot in price, Trio offers an appealing option at $475 to $500 per square foot.

Visit the Trio presentation centre at 4338 Commercial St., Vancouver, open daily from noon to 5 p.m. except Fridays. Call 604-879-2709, email info@trioliving.ca or visit trioliving.ca.

TRIO'S TRIPLE ADVANTAGE — RIGHT PRICE, TIME AND LOCATION

Trio, a new lowrise condominium project in central Vancouver, offers a winning combination of a great location and affordable quality.

Conveniently located close to transit and amenities at Kingsway and Commercial Drive, Trio by Vanlux Development is a distinctive modern building with spacious, thoughtfully-designed suites priced from $289,000 to $370,000, including parking and storage.

Trio, which is uniquely formed of concrete, glass and wood and shaped like a parallelogram, was designed by award-winning Wilson Chang Architects.

"The north side of the building faces the Kingsway corridor, which is a vibrant, active streetscape, while the south side

CONTRIBUTED

faces residential single-family homes," says Scott Brown, senior vice-president of Colliers Residential Project Marketing Group. "On that side, the terraces are quite large and it's quiet. You can have a full patio furniture set for six. Trio is like three settings merged into one."

The suites, in one-bedroom, one-bedroom-and-den, and two-bedroom layouts, boast floor-to-ceiling windows that capture an abundance of natural light, gourmet kitchens, spa-like bathrooms and airy balconies. Quality finishes include nine-foot ceilings, laminate flooring, Euro-style cabinetry, and quartz kitchen countertops. For ease of finishing selection, buyers have the option of two designer colour schemes — Espresso or Latte.

The building will soon be home to new shops and services. Trio lives up to its name, offering the triple advantages of the right price, the right time to buy, and the right location.

The project has appeal for a wide range of buyers, including first-time purchasers, those looking to downsize and a select number of investors.

Trio currently offers value-conscious first-time buyers the opportunity to rent to own where they pay slightly higher than market rent that goes towards a down payment. When their lease is up, a lender will step in to arrange a mortgage. In an incentive geared to investor buyers, the developer will rent the unit from the buyer for two years at market rate for 24 months. At that time, the investor can keep the developer's tenant or find their own.

Savings of $10,000 to $25,000 are being offered during the Trio Summer Celebration Sales. Since the building is completed, buyers won't have to wait to move into their stylish new homes.

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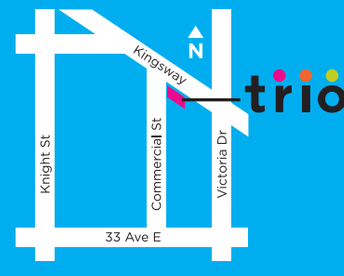

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All the comforts of a 5-star hotel

Prepared. Staying in a one-star? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Hunting for inexpensive travel accommodations is getting easier with the trendy pod-style, micro-tiny hotels popping up in popular destination cities, as well as options of living in someone's home from sites like AirBNB.com.

But not all places have the comforts of a 5-star hotel; truth be told, most would get between one to three stars. But shared bathrooms, living in a stranger's home and summer dorm rentals are a common and inexpensive way to see the world. Here's a few travel companions to pack if adventuring out to stay at alternative accommodations.

They're guaranteed to help turn a two-star room into a five-star hotel experience.

Your security

Keep one of these in the bottom of your luggage; if feeling iffy about your security then pop it under the door while in your room.
SWANN DOOR WEDGE STOP ALARM, $13, CANADIANTIRE.COM

Stick a Bluetooth button inside luggage or attach to valuables and let your wireless device keep track of their travels.
Stick-N-Find
BLUETOOTH LOCATION TRACKER, $50/ 2 BUTTONS, BROOKSTONE.COM

Your senses

Add a small bottle of water and rid any room of dry air.
AIR-O-SWISS ULTRASONIC TRAVEL HUMIDIFIER, $70. THEBAY.COM

Block out the lights of Broadway and the unfamiliar city sounds. **EYE MASK WITH EARPLUGS, $8, SAMSONITE.CA**

Your comfort

Make the bed feel like home and bring your pillow case; a great idea for those with skin sensitive to certain fabric types or detergents. Bonus: it becomes your dirty laundry bag at the end of the trip. **SEASONS STANDARD FLANNEL PILLOWCASES, $25/SET, BEDBATHANDBEYOND.CA**

Never sure of a comfortable mattress? For minimal space and weight, bring your own mattress; layer it on top of your existing bed or on the floor. Its also a great way to fit extra guests in your room, saving more money.
PAKMAT AIRBED, $125, FOUND AT TARGET.COM

Your style

Keep your clothes organized to pack in your luggage, then on display when you arrive.
JETPACK COMPRESSIBLE PACKING SHELF, $40, HEYS.CA

Freshen up your clothes with steam or quickly iron out the wrinkles.
FIRST-CLASS FOLDING TRAVEL IRON AND STEAMER, $50, ROWENTA.CA

Doing the chicken dance with some mushrooms and a lettuce bowl

"(Lettuce Bowls with Shiitake Mushrooms and Hoisin Chicken are) a fast day version of a Chinese standard, and perhaps one for a day when you're feeling frilly and creative," writes Mimi Spencer in The FastDiet Cookbook. "You could add ... chopped water chestnuts for extra crunch — they're barely a blip on the calorie radar."

1. Heat a wok and spray with oil. Add the ginger and garlic and stir-fry for 30 seconds.

2. Add the cabbage, carrot, mushrooms, and bean sprouts. Stir-fry for 2 minutes, till the vegetables are just cooked but retain their bite. Season with pepper and add hoisin sauce.

3. Add the shredded chicken and toss to mix.

4. Place 2 or 3 iceberg lettuce leaves in a wide-rimmed cup, making a bowl effect. Spoon the chicken mixture into the bowl and serve with a scatter of toasted sesame seeds. **ALL RECIPE TEXT COPYRIGHT © 2013 BY MIMI SPENCER LTD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.**

Ingredients

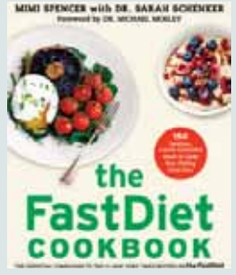
- Spray oil
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- 1/4 head Chinese cabbage, shredded
- 1 carrot, julienned
- Scant 2 oz (50 g) oyster mushrooms, chopped
- Scant 2 oz (50 g) shiitake mushrooms, stemmed and chopped
- Scant 2 oz (50 g) bean sprouts
- Ground white pepper
- 1 tbsp hoisin sauce
- 1 cooked chicken breast, shredded
- 2 or 3 iceberg lettuce leaves
- 1/2 tsp toasted sesame seeds

Lettuce Bowls with Shiitake Mushrooms & Hoisin Chicken

This recipe is only 329 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Cookbook of the Week

A new approach to weight loss



Dr. Michael Mosley's message is that it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week — to 500 calories for women, 600 for men.

The new book, The FastDiet Cookbook, which was written by Mimi Spencer with Dr. Sarah Schenker, boasts 150 carefully crafted, nutritious, low-calorie recipes that range from simple breakfast to suppers. **METRO**

Golf

B.C. golfers take over RBC Canadian Open

A total of three golfers from the Lower Mainland, two from Vancouver Island, one from the Fraser Valley, and one from the B.C. Interior, will represent British Columbia at the RBC Canadian Open this week.

Bryn Parry and Eugene Wong (North Vancouver); Adam Svensson (Surrey); Kevin Carrigan (Victoria); Riley Wheeldon (Comox); Adam Hadwin (Abbotsford); and Roger Sloan (Merritt) are among the Canadian contingent of 18 at the PGA Tour stop and national championship, which this year takes place at the Glen Abbey Golf Club in Oakville, Ont.

The opening round of the tournament goes Thursday.

Two years ago, when the tournament was held at Shaughnessy Golf and Country Club in Vancouver, Hadwin played his way into contention through three rounds before eventually finishing tied for fourth.

He earned the Rivermead Cup as the low Canadian at the 2010 and 2011 Canadian Open tournaments.

A Canadian has not won the Canadian Open since 1954. METRO

Adam Hadwin of Abbotsford
GETTY IMAGES FILE

Alzner recalls his 'pinch-me moment'

On the radar.
Shutdown defenceman from Burnaby thrilled to be named to Hockey Canada's Olympic orientation camp

CAM TUCKER
cam.tucker@metronews.ca

Karl Alzner was on the golf course Sunday, embroiled in a friendly but apparently competitive game with a buddy, when a missed call went to his voicemail.

Alzner, the Washington Capitals' 24-year-old defenceman who hails from Burnaby, had finished up his round of golf — he says he won, by the way — when he decided to check his voicemail. Doug Armstrong, the general manager of the St. Louis Blues, had called.

"I thought at first that I got traded," said Alzner.

He quickly remembered Armstrong is also part of the management group for Canada's Olympic men's ice hockey team.

"My jaw dropped. I was thinking, 'is he seriously calling me?'" said Alzner. "It was a pinch-me moment."

The call from Armstrong was actually an invitation to Hockey Canada's Olympic orientation camp, which is scheduled to take place in Calgary from Aug. 25 to 28.

He was among 47 players invited to the camp, which will be one of the stops in the road to the 2014 Winter Olympics in Sochi, Russia.

After three full NHL seasons — he's played every single regular-season game for Washington since the start of the 2010-11 campaign, and has a combined plus-20 rating since — Alzner has at least planted himself on Hockey Canada's radar.

He'll be in tough to make the team. Of the 17 defenceman on the camp roster, five of them played in the 2010 Games.

But Alzner likens the excitement that came with Sunday's phone call from Doug Armstrong to his days representing Canada on gold-medal winning teams at back-to-back World Junior Championships.

"There's no better feeling," he said. "And I'm not even on the (Olympic) team. I'm just on their radar."

Alzner's invite was no surprise to Jon Calvano, who was the director of hockey at Burnaby Winter Club, where Alzner played his minor hockey.

"I knew Karl from the time he was about nine or 10 years old … he always loved being at the rink," said Calvano. "Every step he's taken, he's ... been able to succeed."

Karl Alzner of Burnaby has a shot at playing for the men's national team at the Sochi Olympics. GETTY IMAGES FILE

Quoted

"My jaw dropped. I was thinking, 'is he seriously calling me?'"

Karl Alzner, upon learning he had been invited to Hockey Canada's Olympic orientation camp.

Miller contract extension gives Whitecaps options

Kenny Miller had offers to return to his homeland of Scotland, but chose to remain with the Vancouver Whitecaps in Major League Soccer — at least for the remainder of the season.

The Whitecaps on Wednesday announced a sixth-month contract extension through to June of 2014 for Miller, a designated player who for months has been linked to rumours of a return with Rangers in Glasgow.

Whitecaps president Bob Lenarduzzi confirmed the Scottish striker had offers from clubs in England and Scotland, including Rangers, where Miller has played on two separate occasions.

Miller's current contract was set to expire in December, which meant that, with six months remaining in the deal, he could start negotiating with other soccer clubs.

This extension keeps him in Vancouver at least for the remainder of this season.

The Whitecaps preferred the sixth-month extension, mainly to keep the club's options open for next season and to manage the salary cap.

Miller is a designated player, so only $368,750 of his $1.13 million salary counts towards the salary cap, which is set at $2.95 million for this season.

"But not having the ability to assess at the end of the season would've bound us," said Lenarduzzi, "and may have bound us to the point where we may be missing out on upgrading another position."

CAM TUCKER/METRO

Kenny Miller GETTY IMAGES FILE

4 SPORTS

MacDonald aims to win the war

Rory MacDonald grounds and pounds Che Mills during their welterweight bout at UFC 145 on April 21, 2012 in Atlanta. MacDonald takes on Jake Ellenberger on Saturday in Seattle. GETTY IMAGES FILE

UFC. Ellenberger has gotten the better of Kelowna fighter in pre-fight verbal sparring

Jake 'The Juggernaut' Ellenberger has clearly won the pre-fight war of words. But Canadian welterweight Rory 'Ares' MacDonald is confident he will dominate when it counts — Saturday night in the cage.

The charismatic Ellenberger has had a field day with the stone-faced MacDonald, using social media and chats with reporters to poke fun at his opponent.

"He has been invented by the media and sold to the fans like a new Justin Bieber song," Ellenberger offered in the buildup to their televised UFC fight at the KeyArena in Seattle.

"This is not a Tears For Fears lookalike contest," Ellenberger told a media conference call.

"Rory: Welcome to "Chez' Ellenberger". Tonight's special is CANVAS SANDWICHES served FACE DOWN. Bon' appetit,'!" read one memorable Ellenberger tweet.

"Rory MacDonald: somebody who's been broken more times than the weekend curfew at the dorms at Vassar," read another tweet.

"McDummy. Bad News: Fighting Me. Good News: Handicapped Parking," read another.

"Which round is Rory getting melted? #YouChoose #UFConFox8," Ellenberger said, upping the ante.

That got MacDonald's attention, promoting him to fire back on Twitter: "4some1 with such a week jaw u sure use it alot 2 talk s–t when ur done buildin ur self up ill b there 2send u back 2reality."

"McDummy," Ellenberger tweeted back. "Unless you are using a unit of time as an adjective, the word is "weak", not "week", Stupid."

The fact MacDonald broke down and responded was exactly the reaction Ellenberger was after.

"Every quick decision, especially in social media, is based emotionally," said Ellenberger. "I think it's funny, I do it for laughs. And he reacted the way I assumed he would. For me, I don't take anything personally. Anybody can say anything about me. And what they think about me, I could care less."

MacDonald, a native of Kelowna says he has no regrets about jumping into the fray. "It's fun to give your opinion back. It gets people excited for the fight." THE CANADIAN PRESS

Welterweight rankings

The fight between Jake Ellenberger and Rory MacDonald has implications in the 170-pound division currently ruled by Georges St-Pierre, who shares a gym with MacDonald in Montreal.

- MacDonald is currently ranked third among welterweights with Ellenberger fourth.
- GSP meets the No. 1 contender, Johny Hendricks, in November. And No. 2 Carlos Condit faces No. 7 Martin Kampman on Aug. 28.

MLB

Mariners mashed by Kazmir, Indians

Scott Kazmir allowed just one hit over his eight innings, Michael Bourn hit his first career grand slam and the Cleveland Indians routed the Seattle Mariners 10-1 Wednesday.

The only hit Kazmir (6-4) gave up was a clean leadoff single to centre by Justin Smoak in the fifth. Kazmir struck out seven, walked two and allowed an unearned run. He threw 103 pitches and was relieved by Vinnie Pestano in the ninth. Pestano allowed a hit.

THE ASSOCIATED PRESS

MLB

Dodgers roll past Jays in extras

Mark Ellis hit a two-run homer to highlight Los Angeles' five-run 10th inning as the Dodgers beat the Toronto Blue Jays 8-3 on Wednesday night to complete a three-game sweep.

Yasiel Puig also went deep in the 10th for the Dodgers, who have won six straight and 23 of 28 to go from last in the NL West on June 21 to first place.

THE ASSOCIATED PRESS

NHL. Canucks strike deals with forward pair Schroeder and Weise

The Vancouver Canucks announced they re-signed centre Jordan Schroeder, who is a first-round pick of the team from the 2009 NHL draft.

Schneider broke into the NHL last season, scoring three goals and nine points in 31 games.

TSN hockey insider Darren Dreger also reported the Canucks re-signed restricted free agent Dale Weise. The deal has not been made official by the Canucks, however, according to Dreger and capgeek.com, it is a one-year deal worth $750,000.

Head coach John Tortorella seems to be looking forward to his reunion with Weise. The two were together for a brief period with the New York Rangers.

The Canucks plucked Weise, a gritty winger, off waivers from the New York Rangers before the start of the 2011-12 season.

"We hated losing him," Tortorella said on Tuesday night, prior to news of the Weise signing.

"(Weise) and I — I won't lie about it — we've had a road of trying to understand one another. I thought we were beginning to get an understanding. He was improving as a player. He brings a lot of things.

"I love his willingness. He can play, he can give you minutes. I think you can bounce him around on different lines. So I'm anxious to get back with him."

CAM TUCKER/METRO

The Canucks have reportedly re-signed gritty forward Dale Weise. GETTY IMAGES

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	61	42	.592	—
Tampa Bay	60	42	.588	½
Baltimore	57	45	.559	3½
New York	53	48	.525	7
Toronto	45	55	.450	14½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	56	44	.560	—
Cleveland	53	48	.525	3½
Kansas City	47	51	.480	8
Minnesota	43	55	.439	12
Chicago	39	59	.398	16

WEST DIVISION

	W	L	Pct	GB
Oakland	59	42	.584	—
Texas	56	45	.554	3
Seattle	48	53	.475	11
Los Angeles	47	52	.475	11
Houston	34	66	.340	24½

Wednesday's results
Oakland 4 Houston 3
L.A. Angels 1 Minnesota 0
Cleveland 10 Seattle 1
L.A. Dodgers 8 Toronto 3 (10)
Tampa Bay 5 Boston 1
Texas 3 N.Y. Yankees 1
Kansas City 4 Baltimore 3
Detroit 6 Chicago White Sox 2
Tuesday's results
L.A. Dodgers 10 Toronto 9
Boston 6 Tampa Bay 2
N.Y. Yankees 5 Texas 4
Kansas City 3 Baltimore 2
Detroit 6 Chicago White Sox 2
Houston 5 Oakland 4
Minnesota 10 L.A. Angels 3 (10)
Seattle 4 Cleveland 3
Thursday's games — All times Eastern
N.Y. Yankees (Kuroda 9-6) at Texas (Holland 8-5), 2:05 p.m.
Detroit (Verlander 10-7) at Chicago White Sox (Peavy 7-4), 2:10 p.m.
Houston (Bedard 3-7) at Toronto (Buehrle 5-7), 7:07 p.m.
Tampa Bay (Hellickson 9-3) at Boston (Lackey 7-7), 7:10 p.m.
Baltimore (Gonzalez 8-3) at Kansas City (Guthrie 9-7), 8:10 p.m.
L.A. Angels (Wilson 10-6) at Oakland (Straily 6-3), 10:05 p.m.
Minnesota (Correia 7-6) at Seattle (Iwakuma 9-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	57	44	.564	—
Philadelphia	49	51	.490	7½
Washington	48	53	.475	9
New York	44	53	.454	11
Miami	37	61	.378	18½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	60	37	.619	—
Pittsburgh	60	39	.606	1
Cincinnati	57	44	.564	5
Chicago	44	54	.449	16½
Milwaukee	42	58	.420	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	53	47	.530	—
Arizona	52	48	.520	1
Colorado	48	53	.475	5½
San Francisco	46	54	.460	7
San Diego	45	57	.441	9

Wednesday's results
Pittsburgh 4 Washington 2
Atlanta 8 N.Y. Mets 2
Milwaukee 3 San Diego 1
Philadelphia at St. Louis
Miami at Colorado
Chicago Cubs at Arizona
Cincinnati at San Francisco
Tuesday's results
Cincinnati 9 San Francisco 3
Pittsburgh 5 Washington 1
N.Y. Mets 4 Atlanta 1
San Diego 6 Milwaukee 2
St. Louis 4 Philadelphia 1
Miami 4 Colorado 2
Arizona 10 Chicago Cubs 4
San Francisco 5 Cincinnati 3
Thursday's games — All times Eastern
Atlanta (Wood 0-2) at N.Y. Mets (Wheeler 3-1), 12:10 p.m.
Pittsburgh (Burnett 4-7) at Washington (Gonzalez 7-3), 12:35 p.m.
San Diego (Volquez 7-8) at Milwaukee (Gallardo 8-8), 2:10 p.m.
Miami (Eovaldi 2-1) at Colorado (Nicasio 6-4), 3:10 p.m.
Philadelphia (Kendrick 9-6) at St. Louis (Lynn 11-5), 7:15 p.m.
Chicago Cubs (Villanueva 2-6) at Arizona (Miley 6-8), 9:40 p.m.
Cincinnati (Latos 9-3) at L.A. Dodgers (Greinke 8-2), 10:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	4	2	2	0	118	116	4
Montreal	4	1	3	0	90	112	2
Hamilton	4	1	3	0	79	126	2
Winnipeg	4	1	3	0	91	109	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	4	4	0	0	151	67	8
Calgary	4	3	1	0	125	109	6
B.C.	4	3	1	0	104	84	6
Edmonton	4	1	3	0	72	107	2

Thursday's game — All times Eastern
Edmonton at Montreal, 7:30 p.m.
Friday's game
Calgary at Winnipeg, 8 p.m.
Saturday's game
Saskatchewan at Hamilton, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	10	5	6	31	20	36
Montreal	9	5	5	31	29	32
New York	9	7	5	29	24	32
Philadelphia	8	6	7	32	30	31
Houston	8	6	5	22	19	29
New England	7	7	6	25	18	27
Chicago	7	9	3	24	29	24
Columbus	6	9	5	23	25	23
Toronto FC	2	10	8	17	28	14
D.C. United	2	14	4	9	33	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	6	4	33	20	37
Portland	8	2	10	30	18	34
Los Angeles	10	8	3	32	25	33
Vancouver	9	6	5	33	28	32
FC Dallas	8	5	8	27	27	32
Colorado	8	7	7	26	24	31
Seattle	7	7	4	22	21	25
San Jose	6	9	6	21	32	24
Chivas USA	4	11	5	18	35	17

Saturday's games — All Times Eastern
Columbus at Toronto FC, 2 p.m.
Philadelphia at Vancouver, 7 p.m.
Real Salt Lake at New York, 7 p.m.
Kansas City at Montreal, 7 p.m.
New England at D.C., 7 p.m.
Los Angeles at Colorado, 7 p.m.
Chicago at Houston, 9 p.m.
Portland at San Jose, 10:30 p.m.
Sunday's game
Chivas USA at Seattle, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If you approach a difficult task with confidence today, you will do an excellent job of it and impress a lot of people. But don't go over the top and go around shouting what a winner you are. Be modest.

♉ Taurus
April 21 - May 21
There are some annoying people out there and you must promise yourself that, whatever the provocation, you won't lose your cool. If you do, you may lose other things too.

♊ Gemini
May 22 - June 21
Your ideas may be good but you need to find ways to make them pay. It shouldn't be difficult but bear in mind: some people will be negative, no matter how much you achieve.

♋ Cancer
June 22 - July 23
Be extra careful with your cash, investments and other commercial interests today. Most importantly, don't let anyone push you into signing something you are not 100 per cent sure about. Just say "no".

♌ Leo
July 24 - Aug. 23
You may think you can force others to go along with your plans, but it's not the best strategy. If they don't want to accompany you on your journey, they would be a liability anyway.

♍ Virgo
Aug. 24 - Sept. 23
Turn your back on the past and move into the bright future that awaits you. You can't do it all at once, but you must be serious about it. There have been far too many false starts.

♎ Libra
Sept. 24 - Oct. 23
Everyone you meet seems determined to point out where you've been going wrong. But you don't have to agree with them. Smile sweetly, nod in agreement then carry on doing what you're doing.

♏ Scorpio
Oct. 24 - Nov. 22
You may be bored and looking to inject excitement into your life but don't go too far and annoy people on whom you may depend. That is especially important on the work front.

♐ Sagittarius
Nov. 23 - Dec. 21
The message of the stars today is that you should keep your head and not try to impose your will on others. However big and tough a Sag you may be, there is always someone bigger and tougher out there.

♑ Capricorn
Dec. 22 - Jan. 20
It's not like you to make a drama out of a crisis but the cosmic picture is making it hard to see anything but problems. Think positive and circumstances will improve.

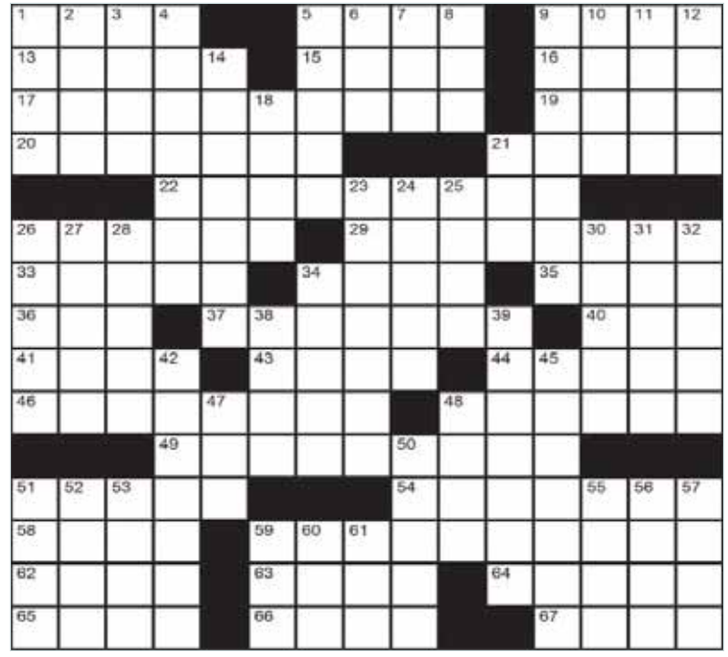
♒ Aquarius
Jan. 21 - Feb. 19
Someone may be acting selfishly but there is no need to provoke a fight. That could be exactly what they are hoping for as they need to take their aggression out on someone.

♓ Pisces
Feb. 20 - March 20
The answers you get depend on the questions you ask and if you ask intelligent questions about your life and the direction it is moving, you will get all the answers you need today. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

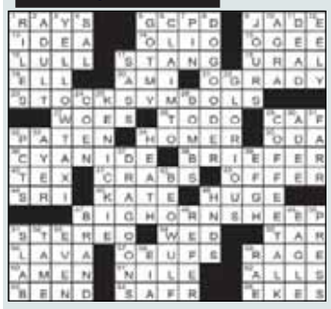
BY KELLY ANN BUCHANAN



Across
1. Coliseum, e.g.
5. Part of BYOB
9. Exchange
13. Tropical tubers
15. Approximately: 2 wds.
16. Roll Call list-ee's response
17. Swimming style, quite literally
19. Largest continent
20. "Forget it!", colloquially: 2 wds.
21. Go in
22. Person-on-a-pulley fun
26. Central Alberta town
29. __ General of Canada
33. Clan on "Dallas"
34. Mr. Gooding Jr.
35. "Able was _ _ _..." (Palindrome start)
36. Carried out
37. Pushes beyond the limits
40. Eliminate
41. Lettered-land 'til 1991
43. Phyllis Diller's husband's name from her stand-up act
44. Skin care company
46. CFB __, in Ontario
48. Committees
49. War of 1812 vessels: 2 wds.
51. "Rock You" Canadian hard rock band
54. __ name (Alias)
58. Herman Melville tale
59. Canadian band for which Carole Pope was lead singer: 2 wds.
62. Songstress Celine
63. Neutral tone
64. West: Spanish
65. 24-hr. bankers
66. Reason for Oxy 5
67. Invitee's official 'yes'

Down
1. Egyptian sun god, variantly
2. Kind of shark
3. Advantages
4. Earth-to-sky 'meeting' place
5. Bumpkin
6. Mythical monster
7. Miley Cyrus song: "Party in the _._._"
8. Plunder
9. "Remember (Walking in the Sand)" by The __-Las
10. The __ Coast
11. India.__ (Singer/songwriter)
12. Seckel is a sort
14. Orchestra section
18. Seven: French
21. Compass†point
23. Some lizards
24. "It's __ __ deal." (Don't worry about it)
25. Drooling dogs experimenter, __ Pavlov
26. Resulted in, __ __ to
27. "Is that such _ __ idea?"
28. Centre point
30. Chutzpah
31. Bay window
32. __ __ a beet
34. The Pretenders album: 'Learning to __'
38. Pan brand
39. Awakes with smelling salts, perhaps: 2 wds.
42. Fixed food portions
45. Underwriter
47. Candle's content
48. Cousin of "Pshaw!"
50. International Court of Justice site, The __
51. Ms. Kotb, Kathie Lee Gifford's daytime chat co-host
52. Radiate
53. Rug-making apparatus
55. Service on Sunday
56. 1999 Matthew McConaughey movie
57. Shallow's opposite
59. Actor, Stephen __
60. Li'l job
61. Pot

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	9		7			3
	5	8						4
3			1					
2	8				1			
	7	3				4	9	
			6				8	7
					9			2
5						1	4	
9			2		3	8	7	

Yesterday's Sudoku

2	5	7	6	8	1	4	9	3
9	8	3	7	2	4	1	6	5
4	6	1	9	3	5	2	8	7
7	9	8	1	5	2	6	3	4
6	2	4	3	7	9	8	5	1
1	3	5	8	4	6	9	7	2
3	4	2	5	9	8	7	1	6
5	1	9	2	6	7	3	4	8
8	7	6	4	1	3	5	2	9

Today 24°/14° Sunny
Friday 23°/16° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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